

Step back jump.
Running in 3's.

Y
Grades V + XI

II + III.

✓
NOV. 4.

1. St. jumping. (L)
2. St. - Square swing 'z. (A)
3. St. - Alt. kn. bend 'z. m. offk. A. (A+L)
raise 'z form.
4. Str. st. - Offk. toe touching twice + up (1)
+ slides + a jump M. + st. (REL)
5. Rg. bk. by. - quick T. bend 'z form. (AS)
6. Long sitt. - T. swing 'z. (L.B)
7. Str. st. - A's swing 'z kn. X + Hg. (A+L)
8. X sitt. - H. wodd 'z form. + sides. (4) (N)
9. St. - Jump + str. alt. L. in front. (L)

Prep. for hopping - hopscotch.
Run + touch.

Benches. Balance walk.

Balance run.

Jumping over all. { Single
" " on + off all. { Complex

Stride jump.

2

II + III.

NOV. 8.

1. St. A's swinging 'q' to and fro. (A)
2. Ad. to squat strud. sitt. - alt. kn.
stroke + bend 'q'. (L)
3. St. - Alt. by swinging 'q' from. + backwa.
m. hand cloth 'q'. (A+L)
4. '5' strud 'q' to st. - Side bend 'q'. (L+T.)
5. Strud. front leg. - Back swing. (A+B)
6. Strud. st. - T. twist 'q' ll. + st. (L+L.B.)
7. Strud. st. - T. spring 'q'
High skipping around room. (RELIEF)
^{N.}
(U+L.B.)

Bass.

1. Hang 'q'. (J.)
2. Opp. st. jump 'q' on toe + off. (L.)

3

NOV. 16.

II + III.

1. Dopp'g m. hl. lift'g backw. hl. (A)
+ to touch 'g from.
 2. St. - str. jump'g + turning (H)
 3. X sitt. - H. hand'g + stretch'g. (H)
 4. jump'g + dopp'g m. alt. han. lift'g + (alt.)
off. A. swing'g from.
 5. Str.A.st. - Alt. side hand'g. (LAT)
 6. Bl. ly. - to hell sitt'g. (ATT)
 7. Long sitt. - T. swing'g + A. hand'g (L.I.J)
 8. High skipping to bass.
- Bass - 1. leg lift'g + shake'g off (ATT)
2. Off. str. at - A. swing'g (A)

4.

II + III.

Dec. 3.

1. Jump'g m. A. croul'g backm. (A+L)
2. St. Easy A. running'g.
Hold alt. A. every 4th count (A)
3. Alt. ten. lift'g, + 3 runs on spot (L)
4. Nk. rest str. st. - Alt. T. bend'g sidem (L+T)
5. 3 runs - hi. spring to squat. (REL)
6. Ad. rest. ten. st. - T. backm. lean. (A+B)
7. Cr. long down sitt. - A. bend'g, + T. bend'g (B)
backm. m. ch. lift'g - A. sidem.
8. Opp. l. + A. placing sidem. m. hopp'g (A+L)

Boss. Long sitt. to open bend'g. (U.B)

2. St. - walking down boss. (L.+L.B.)

Benches. Bumy jumps
Running, m.. hi. spring.

5

II + III.

DEC. 10.

1. Bd. st. - Dopp'g m. toe touch 'z sides
+ press. + A - same. (A+L)
2. to sq. str. st. - Single A. Hug 'z. (A)
3. ^{St.} Dupp' m. bend 'z + stretch 'z m. (L)
Bob. jump.
4. L str. st. - Alt. T. twist 'z r. + l. (LAT.)
5. Bob. jump 'z + turning. (REL.)
6. Sq. sitt. - Lt. st. back up. (ABT.)
7. Cr. bk. bnn sitt. - ch. lift 'z m. A.S. (U.B.)
8. Bk. by. - Alt. m. bend 'z + ch. lift 'z. (L.J.)
9. ^{St.} Opp. L + A. place 'z sides. m. hopp'g. (A+L)
10. Alt. m. lift 'z from. (L)

Benches. Bunning jumps.

Running - jump off m. hi. spring.

II + III.

JAN. 14.

1. Bl. rais'g + kn. bend'g + alt.
kn. lift'g - A's swing'g later. X + fly.
2. Rich. syst. sitt. - A. part'g + down (L)
kn. stretch'g in A. leaning to side
3. Str. st. - A. fling'g later. fold + fly (A)
+ tr. spring'g. (L-B)
4. ^{Hd.} Kn. st. - Alt. A. fling'g st. + lt. (LAT)
5. Bl. by. - To tell sitt. (ABD)
6. Cr. hh. kn. sitt. - Ch. lift'g (U-B)
in. A. rais'g sides.
7. Ch. by. - Alt. kn. bend'g in. ch. (L-B)
lift'g
8. Some lt. + A. place of form. + sides. (ALT)
alt. lt. + lt.
9. jump'g + str. jump'g turning. (REL)
10. Partners.
 1. Opp. ry. bl. by.
T. bendly form. + backin.
 2. Bass. Long sitt. to open bend'g.
 3. Opp. str. st. - A. spring'g (A)

2
JAN. 20.

II + III

1. Bl. rais'g + hm. bend'g + alt. (A+L)
hm. lift'g - A's swing'g X + fly.
 2. St. - to str. jump m. bl. click (L)
 3. St. - A's side. - Sh. backm. roll'g. (A)
 4. Str. st. - A's in stretch - alt A. pull up. (LAT)
 5. Bl. ly. - Single hm. bd + stretch, fall ly (A+D)
2 hm. bd. + stick to L ly. + 2 leg
sw. to X sit.
 6. St. - Smeek'g swing to click in rob. (L.J)
 7. Str. st. - A's swing'g hm. X + fly. (U.B)
 8. Jump'g + str. jump'g turn'g. (REL)
 9. Partners - 1. Off m. hm. - T. backm. bend. (T+V.B)
2. Off m. sit. - Km. stretch'g. (L)
- Boss. 1. Off m. str. st. - A. spring'g. (A)
2. Monkey jumps.

II + III.

FEB. 4.

1. Hh. sitt. - Alt. + double A. ~~rais'g~~
press. + repres.
long sitt. -
 2. Alt. knee. lift 'g + stretch 'g m. hands (L)
 3. long sitt. - T. bend 'g to ankles m. (L + L)
A. bend 'g.
 4. St. ~~Hh. rais'g + knee bend 'g.~~ (A + L)
~~bottle 'g m. hl. lift 'g backm. - hb. +~~
~~the touch 'g press. - opp. A. lift side,~~
~~bend, stretch down.~~
 5. Hh. st. str. st. - alt. T. bend 'g + press (LAT)
 6. Kne. sitt. - A's side. T. press. bend. (U, Z)
 7. Long sitt. - Alt. foot cross 'g sidem. (L, Z)
 8. Rg. hb. leg - Quick T. rais'g press. (ABD)
 9. Alt. the touch 'g press. + sidem. backm. (A + L)
A. reach 'g press. + sidem.
- Bass. 1. Opp. st. str. st. - A. spring 'g. (A)
2. Monkey jumps. (A + L)

2
FEB. 11.

II + III.

1. Kn. st. - A. spring 'g. (A.)
2. Rec. sq. sitt. - A's post 'g + slow kn. stretch 'g. A's to side (L)
3. Hoppe 'g. m. kl. lift 'g. backw. - (A+L)
kl. + toe touch 'g. from. - A's off.
side. bend. stretch.
4. Long sitt. - T. roll ft. st. + over. (A+D)
5. Ste. sitt. - T. bend 'g. from. + B. (L+B)
stretch 'g.
6. Ste. st. - A's stretch 'g. hold to leg. (U.I.)
7. St. - jump 'g. str. together. repeat. (A.+L)
x front. x back. A's raise + lower.
8. Bass 1. Ft. support.
Hk. st. - T. sidem bend. (L+T)
2. Monkey jump. (A.+L)
3. Opp. sitt - kn. flexing. (L)
4. Handstand (T)



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